

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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Former Gymnast Writes Book

A former gymnast of Winstars owner, Carey, has authored a fitness/nutrition book called "Get Off Your Ass".

Darren Bersuk was a Canadian national team member and competed at several international competitions throughout his athletic career including World Championships and Pan American Games.

After retiring from the sport of gymnastics, Darren spent 23 years performing with Cirque du Soleil and other projects. During these years, Darren owned an acrobatic production company and performed all over the world with his hand-to-hand and business partner, Etienne Dennault.

Darren is married to Desiree, a former BC national gymnast, and they have one daughter, Dylan. Dylan is a very active young girl and participates in gymnastics, soccer and kids CrossFit. Desiree and Darren are the owners of their own personal training facility.

"Get Off Your Ass" is based on the latest science but written in easy-to-understand terms, the book simplifies complex issues and shows you how to best apply them to your new lifestyle.

Darren's book is available at Lakeshore Indigo or online. Look for a special guest appearance here at Winstars to be scheduled in March.



Darren Bersuk

Wishing all of our competitive athletes **BEST OF LUCK** at their competitions in February, March and April. **Gooooo WINSTARS!!!**



Top Coach for Fall & Welcome New Coaches

Winstars would like to congratulate Coach Holly for being selected as Top Coach for the fall 2022!

Coach Holly has been coaching since 2018. She graduated from St. Clair College from the DSW program and has some specialization in Autism Behaviour Science.

Coach Holly was just hired by the Greater Essex County District School Board. We want to thank Holly for her dedication and true attention she gives to all of her gymnasts.

We welcome some great, new coaches to our staff. The following are new to Winstars, Coaches Anna, Avery, Ysabella, Christina, Meiko, Ava, Nicole, Abbey C. and Samantha. We're pleased to welcome back former employee, Coach Jillian.



Coach Holly

Gymnastics: Sport for All Other Sports

Modern gymnastics has been around since the early 1800's and credits have been given to two physical education teachers from Germany with its creation. (wonderopolis.org) Obviously, modern gymnastics has evolved over the last two hundred years. But, the concept of gymnastics being the base of all other sports has remained consistent.

Gymnastics participation by all ages develops many positive physical attributes. During the infant and toddler years, gymnastics helps promote gross motor development such as crawling, walking and spatial awareness. As all children grow, the sport of gymnastics will assist in increasing physical strength and flexibility. In addition, attributes such as body awareness, agility, speed, and power can increase through gymnastics participation even at a recreational level.

Winstars tagline is "**Sports start right here. Be a part of it!**". This statement is to true even with minimal participation in gymnastics. Being involved in gymnastics and learning the sport basics is a huge benefit to all sports.

The sport of gymnastics encapsulates all of the physical movements required to participate in all other youth sports such as soccer, baseball, hockey, martial arts, swimming, dance, diving and so on. When you're thinking about your child's participation in any sport, putting them in gymnastics will be a bonus to anyone of those other sports.

Gymnastics should be a staple activity for ALL children regardless of their age. If they decide they want to play soccer or baseball, then keep them fit by continuing with our gymnastics program.



March Break Camp

Winstars is offering our exciting March break camp March 13-17. Our extremely popular camps include gymnastics, trampoline, gymnastics games, arts & crafts, Friday movie and much more!

So, don't hesitate too long as we're already 60% full. Registration can be done through our website at www.winstarsgym.com. Click register for a program.

Your kids will have an awesome time, creating memories for years to come.